



Post-deployment Preparation



Chaplain

ECRC

***Supporting Sailors and
their families***



Dear Shipmate.....



Welcome home! No matter where you are in the post-deployment process, know that many are thankful for your service and are glad that you are coming or you are already home!

It has probably been an interesting year for you, and truthfully, likely lots of changes – in you, in others. Some of those are known. Others are not. The bottom line however, is that they are there. Be honest about the changes in you and in others but also, be gracious with the same. It takes times to get back into the rhythm of “normal” life!

From time to time, we all need help with that transition. The following slides will provide tips and information on return and reintegration. If you feel there’s no one to help, then know that Navy chaplains are standing by. Should you need us, reach out....you are not alone and your life is a gift – every Navy chaplain believes this!

V/r & Peace,
ECRC Command Chaplain

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Post-Deployment Tips



- **Do a “self-assessment” of your wellness:**
 - **Psychological**
 - “How do you think?”
 - **Emotional**
 - “What feelings do you associate with this?”
 - **Physical**
 - “How does your body respond?”
 - **Social**
 - “What were your relationships like?”
 - **Spiritual**
 - “What was your spiritual practice/life like?”
- **Assess for “on deployment” and “at home”**
- **What is different?**



Post-Deployment Tips



- Can you cope with changes in yourself?
- If not, who can/should help you?
- Think about “re-connecting” back home.
 - People
 - Community
 - “Experts” (personal doctor, etc)



Demobilization Processing Tips



- **Be patient!**
 - You will get home....be assured ECRC's staff and process is streamlined to keep timelines as short as possible.
 - In the meantime.....
- **SLOW DOWN**
 - Learn to enjoy what is around you in a given moment – “Be present in the present”
 - Connect with other returning sailors – You belong to the Reserve Force “Tribe”
 - We care and support each other
 - We build resilience and toughness together! If you are resilient/tough, help others build that capacity in themselves. Even one conversation while “hurrying up and waiting” can make a difference!



ECRC Post-Deployment Programs



- **WTP Sembach**
 - 3-4 day decompression and reintegration program
 - All AFRICOM and CENTCOM redeployers will attend
 - I-stop written into DEMOB orders (will not slow your return home)
 - “End of deployment port call”
- **WTP Lite**
 - ½ day decompression and reintegration workshop
 - Held at offsite location
 - All not attending WTP Sembach will attend
 - Part of demobilization process at ECRC



Other Post-deployment Resources



- **CREDO**
 - <http://www.navy.mil/local/chaplaincorps/CREDO-Map.html>
 - Free to attend, member bears cost of travel
 - Marriage, Family retreats and more
- **Returning Warrior Workshops**
 - <https://www.regonline.com/builder/site/default.aspx?EventID=1035193>
 - Separate funding for you and guest
 - 3-6 months from demobilization
- **Counseling Services:** PHOP (located in Norfolk, VA)



Post-Deployment Resources



- **ECRC Family Readiness:** Mr. Jack Wood, 757-341-7450
- **Military One Source:** <http://www.militaryonesource.mil/>
- **VA Vet Center Services:**
https://www.vetcenter.va.gov/Vet_Center_Services.asp
- **Your local NOSC**
- **ECRC Chaplain's Office:**
-757-341-7458